



Head Start Health Services Newsletter March 2012 | Issue #16

What's New

[Eat Right: Get Your Plate in Shape during National Nutrition Month®](#)

March is National Nutrition Month®. The Academy of Nutrition and Dietetics' campaign is designed to focus attention on developing healthy eating and physical activity habits. This year's theme, "Get Your Plate in Shape," offers a wealth of information and resources designed to help people make healthy food choices.

[National Children's Mental Health Awareness Day](#)

National Children's Mental Health Awareness Day is Wednesday, May 9, 2012. This year's theme is "Heroes of Hope," which celebrates those people who help children boost their resilience. This annual event, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), is designed to raise community awareness about children's mental health issues across the country. Look for more information on how you can participate in this national event on the ECLKC.

Learn more about [recognizing and addressing trauma](#), as well as the [long-term impact of a traumatic event](#) on infants, young children, and their families.

Featured Resources

[Health Benefits of Outdoor Play](#)

Research from a variety of sources indicates that childhood nature experiences provide many health-related benefits. Children develop self-confidence through opportunities to engage in appropriate risk-taking activities; appetites and sleep improve with regular exposure to outdoor play; and nature settings and activities tend to decrease unwanted behaviors and promote self-discipline. In fact, certain bacterium found in natural soil is believed to decrease anxiety and improve the ability to learn. Outdoor play has also been linked to strengthening children's distance vision (hyperopia) and bolstering their immune systems. Visit the ECLKC for [25 easy ideas for nature play for early childhood centers](#).

Monthly Health Observances

March

- [National Nutrition Month](#)
- [Red Cross Month](#)
- [Save Your Vision Month](#)
- [National Poison Prevention Week](#), March 18 – 24
- [American Diabetes Association Alert Day[®]](#), March 27th

April

- [Alcohol Awareness Month](#)
- [Child Abuse Prevention Month](#)
- [National Garden Month](#)
- [National Stress Awareness Month](#)
- [National Public Health Week](#), April 2 – 8
- [National Infant Immunization Week](#), April 21 – 28

May

- [Asthma Awareness Month](#)
- [Better Hearing and Speech Month](#)
- [National Mental Health Month](#)
- [Vegetable of the Month – Potato](#)
- [National Vision Month](#)
- [Skin Cancer Awareness Month](#)
- [Children's Mental Health Awareness Day](#), May 9th

Did you miss anything?

View previous [Head Start Health Services Newsletters](#) on the ECLKC.

We Want to Hear from You

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